

YMCA Swimming Lessons

Essex Park and Rec. and The Valley-Shore YMCA are pleased to offer swim lessons for children age 3 and up at Viney Hill Brook Park this summer.

YMCA Swim Lessons encourage children to be active and healthy and safe. The program helps build strong kids. All students will receive a certificate of completion at the end of each session. For answers to any questions about the swimming programs please call the YMCA at 399-9622.

To register please complete the **Program Waiver Form**. Be sure to include the age group and session you would like your child to attend.

Please mail form to:

Town of Essex Park & Recreation
29 West Ave. Essex, CT 06426

Deadline for registration is 2 weeks prior to the start of each session.

Session 1: July 6– July 17 Monday– Friday.

Session 2: July 20– July 31 Monday-Friday.

Time: 9:30-10:10-preschool age 3-5

Time: 10:15-11:00 youth age 6 & up

Location: Viney Hill Park Beach

Cost: \$85.00.